RETURN TO FORT MAC

- Meet the hero who saved one community from the wildfire
- 2,000 evacuees told they can't go home until September

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Winnipeg metro

Your essential daily news | TUESDAY, MAY 31, 2016

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Elementary students are trying their hand at coding

metroNEWS

Tories to stand ground: Expert

BUDGET

Professor says big changes won't happen until next year's plan

Braeden Jones
Metro | Winnipeg

Manitoba's first Tory budget in nearly two decades will land Tuesday, but it's more likely to land with a dull thud than a bang, according to a Winnipeg political expert.

After 17 years of the NDP steering the provincial ship, Brian Pallister's Progressive Conservatives will take the wheel with this first financial plan, which University of Winnipeg professor Allen Mills expects to look "roughly like where the NDP left things."

"Governments, in a very complicated world, need time to get to the bottom of expenditures," he said.

"I just don't think the Conservative government has had time to really get to the bottom of things yet."

Indeed, just 42 days ago the PCs won big in a landslide election — inheriting a deficit they call $1 billion, which is 52 per cent higher than what the NDP had it pegged at.

"That's a very short time to come up with a substantially different budget from what the NDP … would have produced," Mills said. "You just don't have enough time to make any bold initiative of any kind."

Plus, "there weren't too many firm positions in (Premier Brian Pallister's) campaign," he added.

"You have to be sure of your policy footings so you're not screwing up and making unanticipated or ill-thought out initiatives," Mills said. "It could be that these things are coming, but not until they've got a better handle on the books."

He expects the most likely product to be released Tuesday is what the Tories telegraphed — a "stand pat" budget — and they'll say, "'Look, our big initiatives will come in the next budget, March 2017,' or something like that."

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metro NEWS

Your essential daily news

Solid gold, jewel-encrusted eagle worth $5 million stolen in robbery in Vancouver suburb.

IN BRIEF

Investigation opened into Main Street Project death

Police are investigating after a man taken to the Main Street Project was found dead within hours of arriving at the facility over the weekend.

Paramedics were called to an area near Tache Avenue and Dollard Boulevard around 10:45 a.m. Saturday for the report of a man down. The 33-year-old man was turned over to police, who took him to the Main Street Project under the Intoxicated Persons Detention Act.

Staff at the Main Street Project noticed the man was unresponsive around 2:15 p.m. He was taken to hospital where he was pronounced dead.

SHANE GIBSON/FOR METRO

Incendiaries thrown at house not random: Police

Winnipeg police say there was nothing random about the firebombing of a home in the West End early Monday morning.

Officers and fire crews were called to a home in the 600 block of Langside Street around 4 a.m. for the report of a fire. Police say two Molotov cocktails had been thrown at the house. The homeowners were able to quickly get the fire under control.

While police say the firebombing was not random they also say it was the house — and not the specific tenants — that had been targeted.

SHANE GIBSON/FOR METRO

Tom Monteyne of Monteyne Architecture says that, depending on the project's budget, the piece will include an interpretative panel and walking-tour map. COURTESY CITY OF WINNIPEG

Designer unveiled for 1919 strike memorial

HISTORY

Monteyne to create rusting billboard with inscriptions

Stephanie Taylor
Metro | Winnipeg

Starting this summer, the legacy of the thousands of metal workers who walked off the job in Winnipeg nearly a century ago, forever changing the course of our city's history, will be memorialized in a new installation, constructed from the very material they once cast.

Local firm Monteyne Architecture has been announced as the winner of a design competition to create a monument in the exchange district, commemorating the general strike of 1919.

"One thing that struck me about the strike is that people have fairly different interpretations of it, depending on ... their socio-economic background," said the firm's Tom Monteyne.

"What we were trying to do is avoid a simple interpretation but allow multiple meanings."

Monteyne has called the winning design, The 1919 Marquee, inspired by the marquees on surrounding buildings, such as the Manitoba Theatre Centre, across the street from the site's location on the corner of Market Avenue and Lily Street.

He said the piece would stand as a billboard — constructed from weathering steel, which is intended to rust — as well as offer new public space.

A series of words will be incorporated into the surface, Monteyne says, explaining that they will be assembled as something of a word puzzle.

Some of the vocabulary will include Vulcan, after Vulcan Ironworks, whose workers joined in the 1919 strike.

Another word is "crucible," which Monteyne says carries double meaning as both a container that melts metal and a metaphor to describe the significance of the strike itself.

"The strike was a very dramatic event," he said. "Even though some would say the strikers lost because it was quite violently put down, it pretty much directly led to political evolution of this country."

'A lot at stake' for schools in budget

Braeden Jones
Metro | Winnipeg

Despite a promise from the new provincial leadership that core operating funding for schools won't be cut, Mark Wasyliw said he still has "many concerns."

The board chairman of the Winnipeg School Division (WSD) — Manitoba's largest — said the Progressive Conservatives have been "unclear" on whether special program funding or infrastructure dollars will be affected.

"Our main concern of course is that if we get standard per-pupil funding and cut from (special programs), it's going to hurt the most vulnerable and the most needy students," Wasyliw said.

Before being ousted, Manitoba's NDP had promised to increase special-needs funding, put more dollars into an indigenous academic-achievement grant and offered up extra funds for inner-city projects.

Wasyliw doesn't want to see those kinds of things fall through the cracks when the PCs release their budget Tuesday.

Likewise, capital expenditures are excluded from the core funding school boards have been told to expect. The WSD has been trying to get money for a new school in the Waterford Green area for years.

He said there is "a lot at stake," not just for WSD but all school divisions, and the government has done little to allay concerns.

Where riverbanks wearing away

EROSION

Feds could help pay for stabilization: Coun. Hayes

Stephanie Taylor
Metro | Winnipeg

Saving parts of Winnipeg's riverbanks from washing away continues to be an uphill battle for department staff, so heard a city committee.

On Monday, councillors on the water and waste, riverbank management and the environment committee were presented with a list of the top sites in need of erosion protection and stabilization work.

Such sites include sections of land along the Red River in Guay Park and King's Park.

The price tags for both ongoing projects are $1.6 million and $1.5 million, respectively — close to the average amount of $1 million budgeted annually in the city's books for riverbank stabilization work, Kendall Thiessen, riverbank management supervisor, told reporters afterwards.

In total, he estimates it would cost $200 million to secure all the riverbanks immediately threatened by erosion.

Perhaps it's no surprise chairman Coun. Brian Mayes (St. Vital) has turned his eye to Ottawa to help the city foot that bill.

"It's something I want to see increased in future years," he said of current spending on riverbank stabilization.

Mayes added that "maybe there could be some federal money," as it falls in line with the government's requirements to access green infrastructure funds.

"That may be another opportunity," he said.

Coun. Jenny Gerbasi (Fort Rouge- East Fort Garry) told Monday's committee that with extra cash, the city might be able to tackle more than one stabilization project per year.

A majority of the shorelines chosen for repair work border the Red River Thiessen said, pointing to sections of River Road-Rivergate Drive and Crescent Drive Park.

Parks along Wellington Crescent that are crumbling into the Assiniboine River have also been prioritized.

Thiessen explained that sites are ranked based on the city's assessment of the erosion rate, the potential consequences of letting Mother Nature run its course, and how it may affect nearby development plans, such as building pedestrian and cycling pathways.

For example, he said one of the reasons the city is looking to stabilize the riverbank along Lyndale Drive between Monck Avenue and Gauvin Street is because an active transportation corridor is being eyed for the area.

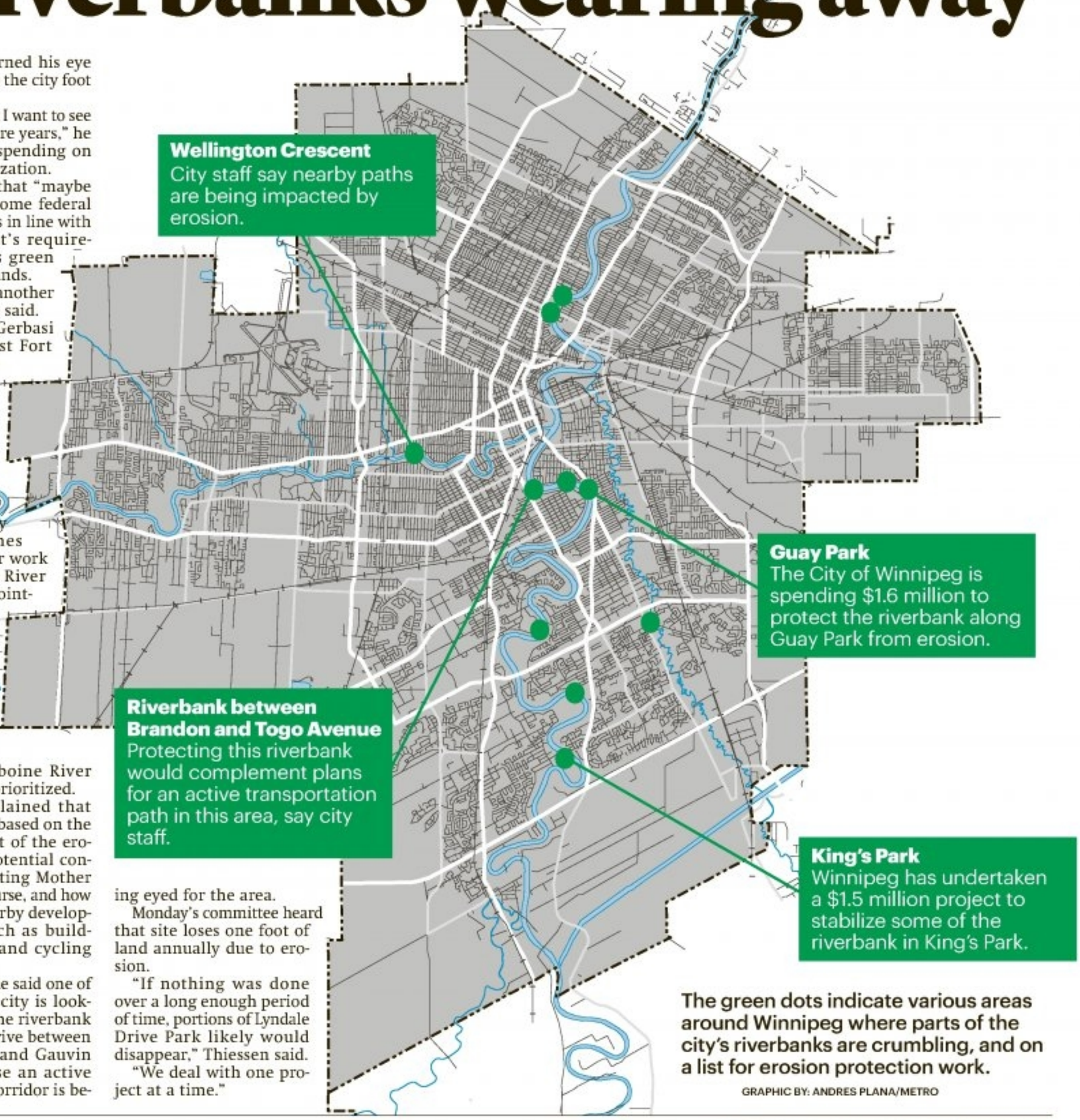
Monday's committee heard that site loses one foot of land annually due to erosion.

"If nothing was done over a long enough period of time, portions of Lyndale Drive Park likely would disappear," Thiessen said.

"We deal with one project at a time."

$200M

The amount of money the City of Winnipeg estimates it would cost to stabilize every riverbank ranked at high-to-medium risk of being washed away from erosion.


Wellington Crescent
City staff say nearby paths are being impacted by erosion.
Guay Park
The City of Winnipeg is spending $1.6 million to protect the riverbank along Guay Park from erosion.
Riverbank between Brandon and Togo Avenue
Protecting this riverbank would complement plans for an active transportation path in this area, say city staff.
King's Park
Winnipeg has undertaken a $1.5 million project to stabilize some of the riverbank in King's Park.

The green dots indicate various areas around Winnipeg where parts of the city's riverbanks are crumbling, and on a list for erosion protection work.

GRAPHIC BY: ANDRES PLANA/METRO

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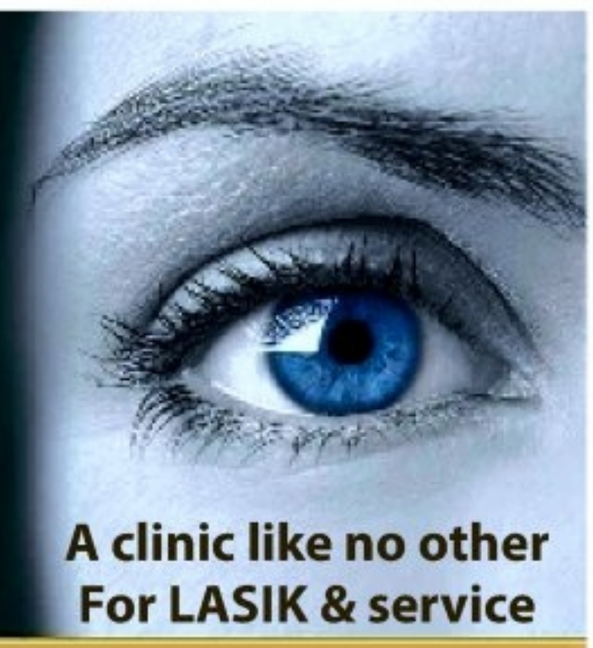
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Coding in Grade 1? No kidding

EDUCATION

No age limits as WSD pupils get their code kicks early and often

Braeden Jones
Metro | Winnipeg

Kids are learning some really cool stuff in school these days.

Coding and app development may confound older generations, but for elementary-school-aged students in the Winnipeg School Division, it's just part of their early education.

"The landscape is indeed changing," said Keith Strachan, an educational technology support teacher.

Modern technology has made it so devices that function off simple coding are more accessible than ever, and the programs needed to compose commands are often free.

Crowdfunding platforms are filled with devices targeted at getting young people coding, and with all of that new technology, exposure is happening earlier than ever.

Students in the **Winnipeg School Division**, such as those at Mulvey School, are getting a head start on careers in technology with lessons on computer coding and developing apps. CONTRIBUTED

For the past five years, WSD students — some as young as Grade 1 and 2, even — are exposed to coding, first through non-digital tools and then with hands-on experience.

For students as young as Grade 4, Strachan helps them learn coding through workshops and programs that hide the actual lines of code but still demand the user think logically to test ideas and arrive at conclusions.

> It becomes less about a coding issue.... If you want to boil it down into one simple idea, it's all about solving problems.
> Keith Strachan

"It becomes less about a coding issue and more of a problem-solving issue," Strachan said. "That's why it is so good for the younger kids; that's how the whole realm of coding becomes accessible to them."

He said they learn to manage variables and make calculations or decisions to overcome problems and understand other "coding concepts" without getting bogged down in the coding language or syntax.

He recently coached Grade 4 students from Ralph Brown School through building a drawing app in which they could change the size of their pen tool and line colours.

The students came up with the app concept when they were asked what they'd like to create.

"That was empowering to them. They had no idea they could do that," Strachan said.

Recently, Grade 6 students at Mulvey School learned to direct robots through mazes — calculating distance based on speed and time before issuing commands.

By high school, things get advanced. Students at some schools learn sophisticated hands-on coding for everything from web development to game design.

Strachan said starting coding early will help the students keep up with rapidly advancing technology and the way it's increasingly integrated into many careers — but the lessons are valuable even outside of tech fields.

"If you want to boil it down into one simple idea, it's all about solving problems," he said.

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TIME:	TIME:	TIME:
11:30 AM - 1:30 PM	4:00 PM - 6:00 PM	11:30 AM - 1:30 PM
LOCATION:	LOCATION:	LOCATION:
UNDERGROUND PORTAGE & MAIN	1485 PORTAGE AVENUE	1 FORKS MARKET ROAD

DROP-BY FORMAT (COME AND GO)

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VOTRE OPINION NOUS INTÉRESSE

Winnipeg | Winnipeg Parking Authority

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LE MARDI 14 JUIN	LE MERCREDI 15 JUIN	LE SAMEDI 18 JUIN
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DE 11 H 30 À 13 H 30	DE 16 À 18 HEURES	DE 11 H 30 À 13 H 30
LIEU :	LIEU :	LIEU :
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Ducks worth tweeting about

WILDLIFE

St. Vital rallies to save trapped ducklings, return to mom

Shane Gibson
Metro | Winnipeg

Talk about some lucky ducks.

A group of newly hatched ducklings that got stuck after falling into a sewer in St. Vital over the weekend have been reunited with their mother thanks to a group of neighbours and the Wildlife Haven Rehabilitation Centre.

The neighbours called the Ile des Chênes-based wildlife rescue organization after noticing the mother duck working frantically but unsuccessfully to free her ducklings from a sewer drain near the corner of St. George Road and Berrydale Avenue Saturday.

"Ducklings can be quite small, they're all just fluff, so they can easily fall through a drain," said Wildlife Haven Rehabilitation Centre's Tiffany Lui Monday.

"It's quite possible they were walking and they all just kind of tumbled in there.

"They were definitely stuck and the mom was going crazy."

By the time a Wildlife Haven Rehabilitation Centre volunteer got out to the scene the growing group of neighbours had managed to free all the ducklings from the sewer drain, but there was a new problem — the mother had flown the coop.

"She had probably been scared off," said Lui.

After having no luck searching for mom, the baby ducks were packed up into a box to be taken back to the Wildlife Haven Rehabilitation Centre where they would be cared for by volunteers before eventually being released back into the wild.

This group of baby ducks were reunited with their mother with some help from rescuers. CONTRIBUTED

> Ducklings can be quite small, they're all just fluff, so they can easily fall through a drain... They were definitely stuck and the mom was going crazy.
> Tiffany Lui

But at the last second momma duck returned, and didn't seem very grateful for the help.

"I think she was more mad at us for being near her babies, but that's natural," laughed Lui. "I guess the ducklings were making enough noise that the mother came swooping back to try to defend them."

So just like that — and after quite the adventure — the ducklings hopped out of the box and marched off dutifully behind their mother.

Lui said it's rare for volunteers to experience such a happy ending when being called out to help trapped or injured ducklings.

"We don't actually get that many calls where the mother is still around," she said.

"Most of the calls we get... the babies are just willy-nilly walking around and in those cases if we can't find a nearby pond with a possible mother then we do take them in."

The Wildlife Haven Rehabilitation Centre is a volunteer-run, registered charity dedicated to rehabilitating injured, sick and orphaned wildlife from all over Manitoba and Northwestern Ontario.

HOW TO MAKE A DIFFERENCE

Help build new haven

FUNDRAISING The Wildlife Haven Rehabilitation Centre is currently running a fundraising campaign to help them build a new, $2.5 million permanent facility this year. To donate to the campaign go to wildlifehaven.ca.

PROVINCE

Tory government vows savings in new budget

Manitoba's Progressive Conservative government is promising some small tax cuts, spending restraint and a gradual path toward balancing the books in its first provincial budget Tuesday.

"This has been lightning speed for us," Finance Minister Cameron Friesen said Monday of the task he and his Tory colleagues have faced since sweeping the NDP from power in the April 19 election.

The Tories outlined some of their immediate budget priorities during the election campaign: reducing ambulance fees, increasing money for tourism and indexing tax brackets to inflation. They have also promised a quick end to an annual public subsidy for political parties, based largely on how many votes they receive in each election.

At the same time, the Tories say they will hold the line on government spending and eventually whittle down a deficit recently estimated at more than $1 billion. Friesen and Premier Brian Pallister have said cost-cutting will not be sudden and front-line services will be protected.

The Tories' promise to reduce the provincial sales tax to seven per cent will not be in the budget. THE CANADIAN PRESS

SPEAKER SERIES

Popular Calgary mayor to talk at U of W

Calgary Mayor Naheed Nenshi will be in Winnipeg Tuesday to take part in the Axworthy Lecturer Series on Social Justice and the Public Good.

The sitting mayor is the third speaker in the series, which has already seen lectures delivered by public intellectual Dr. Cornel West in May 2015, and renowned primatologist Dr. Jane Goodall last September.

The Axworthy Distinguished Lecture Series on Social Justice and the Public Good was started in 2015 to honour Dr. Lloyd Axworthy, who sat as president of the U of W from 2004-14.

The series was established to recognize Dr. Axworthy's commitment to the public good, to social justice, and to accessibility, according to a release from the school.

The release goes on to say the series invites front-ranking researchers, social commentators and political leaders to the school to deliver free lectures on social justice issues involving gender, religion and secularism, language, ethnicity and race, ecology, and economy.

Nenshi will begin speaking at 7 p.m. Tuesday in the U of W's Duckworth Centre.

The lecture is free and open to the public. No ticket is required.

SHANE GIBSON/FOR METRO

Calgary Mayor Naheed Nenshi. METRO

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Zoos can learn from Harambe

ANIMAL WELFARE

Gorilla's death a 'teachable' moment, says zoo regulator

The main regulatory body for Canada's zoos says the death of a gorilla in the United States should serve as a "teachable moment" for Canadian organizations.

Canada's Accredited Zoos and Aquariums says it will be sending an advisory to its members reminding them to ensure its safety protocols are sound and able to protect staff and patrons.

Staff in Cincinnati shot and killed Harambe, a 17-year-old endangered lowland gorilla, after a four-year-old boy fell into its enclosure and was dragged by the animal.

There has been public outcry denouncing the zoo for killing the gorilla, but officials say the decision was necessary to avoid the risk of having the giant animal crush the boy by mistake.

CAZA executive director Massimo Bergamini says this is the time of year during which member zoos tend to review their systems, and the weekend tragedy is a timely reminder of why this is necessary.

A boy brings flowers to put beside a statue of a gorilla outside the shuttered Gorilla World exhibit at the Cincinnati Zoo & Botanical Garden in Cincinnati on Monday. THE ASSOCIATED PRESS

He said such incidents are very rare in both Canada and the U.S., relative to the number of people that visit zoos each year.

Bergamini said all CAZA members must show top-of-the-line safety procedures as part of the accreditation process, adding Harambe's death is a sad reminder of how quickly accidents can happen.

"In addition to having policies and procedures in place, this involves holding regular emergency simulation exercises to ensure that in the event of an incident, trained Emergency Response Personnel are mobilized, know exactly what to do, and have the necessary equipment on hand as well as the authority to act," he said in a statement.

Bergamini said the staff in Cincinnati handled the situation exactly right, adding the decision to kill the gorilla likely spared a human life.

The Association of Zoos and Aquariums shared his view, saying the weekend incident played out as it did due to planning and preparation for just such an event.

Spokesman Rob Vernon said the association's accreditation procedure requires members to conduct four safety drills a year and have a response plan in place for dangerous animals.

> **A magnificent gorilla dies because a zoo failed to make its barriers safe.**
> Piers Morgan, on Twitter

"I think that preparation is what you saw happen in Cincinnati where the zoo professionals were able to resolve the situation very quickly," Vernon said. "They have a top-notch staff there, and it showed yesterday during an unfortunate incident."

But others took a different view of the Cincinnati Zoo actions, questioning why a member of an endangered species had to be put down rather than tranquilized.

"It's so sad that a poor gorilla had to be shot dead because a woman couldn't look after her child and a zoo didn't have enough protection," wrote one Twitter user.

"Absolutely makes me weep with sadness. Poor #Harambe the #gorilla. Stupid parents, control your children!" wrote another. THE ASSOCIATED PRESS

ELECTIONS ACT

Liberals will seek support

The Liberals say they will seek public support for any changes they decide to propose for Canada's electoral system.

But the threshold for that support, and how it will be achieved, remained unclear Monday as the Opposition Conservatives continued to demand that the question be put to a referendum.

"We're going to ensure the will of Canadians is behind whatever we put forward," said MP Mark Holland, parliamentary secretary to Democratic Institutions Minister Maryam Monsef.

Holland encouraged opposition MPs during question period to get their constituents involved in the reform process. "Help us to change the status quo, improve our system, modernize our electoral system and bring us into the 21st century."

Monsef told the Toronto Star the government won't go ahead with any changes without broad buy-in from voters.

"Canadians can rest assured that unless we have their broad buy-in, we're not moving forward with any changes," Monsef said. THE CANADIAN PRESS

WILDFIRE

2,000 can't go home 'until September'

Alberta Premier Rachel Notley says up to 2,000 evacuees expecting to move back to their homes in fire-damaged Fort McMurray this week will not be able to do so until possibly September.

She says more than 500 homes and about a dozen apartment complexes that escaped a wildfire earlier this month in three otherwise heavily damaged neighbourhoods are not safe to be lived in yet.

5,800

The fire is still burning and covers about 5,800 square kilometres, but is not expected to grow significantly.

She says that conclusion was reached with health experts following tests on air, soil, ash and water

"Unfortunately, I have to report today that the outcome of these tests indicates that undamaged homes in certain neighbourhoods are not immediately safe for reoccupation," Notley said Monday.

"More than 500 homes that were not damaged by fire have been determined to be unsafe for habitation at this time."

The premier says it's not safe to return until toxic ash and debris surrounding the homes have been removed. Residents will need to stay elsewhere until it is safe to go back.

Arrangement will be made for people from the affected homes to make a one-time visit.

"While these homes are not safe to live in until further remediation and clean-up of the neighbourhoods is complete, we believe it will be possible to arrange for these residents to temporarily return to inspect their residences and retrieve their belongings."

The Red Cross also announced Monday that it is releasing another $20 million from donations to everyone able to move back safely at this time.

Returnees are to receive $300 for the first person in a household and $50 for each additional person. The electronic transfer of cash is intended to help with immediate expenses such as buying cleaning supplies and replacing rotten food. THE CANADIAN PRESS

Evacuees look on as the wildfire approaches Anzac. The community had to be evacuated in a rush. KEVIN TUONG/FOR METRO

LEGISLATION

Pit bull Lucy crosses Ontario despite ban

Lucy the pit bull has made it across Ontario.

The dog and her family, among more than 80,000 residents evacuated after a wildfire spread into Fort McMurray, Alta., were stuck in Manitoba last week while trying to drive across the country to their home province of Prince Edward Island.

A law banning pit bulls in Ontario prevents the breed from even travelling through the province, and the family spent several days at a hotel in Brandon, Man., trying to figure out what to do.

Their predicament made headlines and resulted in an outpouring of support from other dog owners.

The Ontario government also reached out, said Lucy's owner, Tera Joseph. The province clarified that Lucy could land at the Toronto airport since it's under federal jurisdiction, she said.

The dog, along with Joseph and her three-year-old son, flew Saturday from Winnipeg to Toronto before arriving in Charlottetown.

THE CANADIAN PRESS

The man who saved an entire community

Return to FORT MAC

Anzac was considered safe, but it was overrun

Ryan Tumilty
Metro | Edmonton

The fire that consumed Fort McMurray has often moved at breakneck speed, pushing into neighbourhoods and overwhelming firefighters. It has jumped fire breaks, crossed rivers and burned through areas considered safe.

Anzac, the tiny hamlet south of Fort McMurray had been a safe haven for evacuees, but in just a few hours on May 4, the community was nearly overrun.

When the community needed to exit in a hurry it was Dale Bendfeld, who made the call and evacuated 450 people in three hours.

Dale Bendfeld
METRO

For McMurray fire chief Darby Allen, has repeatedly rejected the label of hero for himself, but he was eager to label Bendfeld, the community's director of protective services, as one.

"We didn't think there was a fire in Anzac that night and we found out in a hurry that there was," said Allen at a news conference earlier this month.

Allen gives full credit to Bendfeld for getting people out of that community in time to avoid any loss of life.

"With a couple of people and a flashlight he evacuated 450 people in two hours, that is true heroism," said Allen.

Bendfeld, not surprisingly, downplays his role.

"It's not just me and this flashlight. It is about everybody coming together and getting people out," he said.

Bendfeld does agree with Allen that the fire's move toward Anzac caught people by surprise. The community is 50 kilometres from Fort McMurray and Bendfeld said he drove over just to discuss the possibility of an evacuation in the days ahead, but when he arrived he knew it couldn't wait.

"The whole horizon was nothing but smoke and flame," he said.

Bendfeld said they had to move past bringing in transit buses and getting all the resources they could to move 450 people.

"Within the three hours it was already in the back yards of some of the homes," he said. "You could see the flames already in the community."

In Anzac that night and throughout the crisis, Bendfeld said people just did what had to be done. He said none of what has gone on would have been possible without people eager to work together.

"A lot of community spirit helped that," he said. "People were taking care of neighbours and that was phenomenal."

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Weekly Transit News Update

TAKE THE COMMUTER CHALLENGE!

The Commuter Challenge is on June 5-10. Don't miss your chance to join thousands of fellow Manitobans by green commuting to work! Commuter Challenge encourages individuals and workplaces to explore greener transportation options for personal, environmental and community health. Register as an individual or with a group of co-workers. Commuter Challenge is easy… just walk, cycle, carpool, take transit, roller blade or use any other green way to commute to or from work. There are plenty of chances to win some great prizes too! You still have plenty of time to register. For more info, visit greenactioncentre.ca

#BUSISBETTER JUNE 6-10

A rally for citizens to get active and take transit during Commuter Challenge will mark the return of the annual #busisbetter campaign, which promotes the convenience and reliability of transit. From June 6 to 10, coffee and reusable transit pass holders/coffee sleeves will reward those coming downtown by bus. New this year, current transit users will be able to nominate 300 of their co-workers who normally drive to work for a free Max 5 transit pass, value $20.70. Visit downtownwinnipegbiz.com for details.

GET INTO THE DOWNTOWN SPIRIT!

The next time you and your friends are planning lunch at your favorite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you, for complete route and schedule information visit winnipegtransit.com or call 311.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or contact 311 for more information.

SAVE SOME GREEN WITH AN ECOPASS!

Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save from 5% to 100% on transit. Visit our website for more information.

Building up an 'Iron Dome against hatred'

HAND IN HAND

School brings together Israeli and Palestinian children

Hand in Hand runs six schools, boasting some 1,320 Jewish and Arab Israeli students. CONTRIBUTED

The news from Israel is often bad: attacks on Jews by young Palestinians and reprisals by Israeli forces. Expanding settlements in the West Bank. Escalating fear and hostility. Plummeting prospects for peace.

But a group of dedicated educators is working to bring the two sides together — not at the bargaining table, but in the school room.

"We're giving hope where leaders have failed," says Mohamad Marzouk, director of the community department for the bilingual and bicultural Hand in Hand schools.

"A kindergarten child goes to an Arabic or Hebrew school and never experiences the existence of children on the other side. This ignorance of the other creates mistrust and fear," he says.

Marzouk and Rebecca Bardach, Hand in Hand's director of resource development and strategy, are in Toronto on a tour.

"Hand in Hand is my Iron Dome against hatred," says Bardach, referring to Israel's missile defence system. "I can't change what is happening politically, or the minds of people who hate each other. But I believe we can overcome that sense of helplessness with understanding."

Hand in Hand, boasting some 1,320 Jewish and Arab Israeli students, and a lengthy waiting list, was founded in 1998 with one school in Jerusalem. It has now expanded to six.

The security wall between Israel and the Palestinian territories is physically and psychologically divisive, says Bardach. But the two separate language streams of the Israeli school system are a "huge contributing factor" to mutual misunderstanding between Jews and Arab Israelis.

"Children aren't growing up learning about differences, what we have in common and building common ground," she says.

Not so in Hand in Hand schools, where children are taught by Hebrew and Arabic-speaking teachers.

They partner with children who speak the other language, and study together. They also learn the missing links in mainstream curriculums — the other's religion, culture, food, daily life and history. Elements that allow them to see their counterparts as fellow humans rather than enemies.

Outside the classroom they play together, picnic together and celebrate each other's holidays.

They and their parents have weathered nearly two decades of anger, violence, war and political outbursts in the world around them, including a 2014 firebombing of the Jerusalem school by Jewish extremists.

The traumatic event shook parents and children. But they were helped through it by the school's tradition of unflinching dialogue on the events around them.

The success of the Hand in Hand community has led to expansion, but on a shoestring. Its $9 million-a-year budget is financed by the Israeli government and private donations. Scholarships are available, but fees are $1,200 a year. "Not easy to afford" in Israel, Bardach admits.

Both she and Marzouk believe it's worth the investment, and each has enrolled their own children. TORSTAR NEWS SERVICE

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EQUALITY

Trans teens fearful amid bathroom wars

When Lucas Rixon has to go to the bathroom, the guys know what to do. They come with him, no questions asked.

Sometimes they enter the facilities too. Sometimes they stand sentry at the door. At any public place in Greenville, N.C., two or three straight cisgender teenagers turn into bodyguards for their transgender buddy.

"Because they're terrified for me," Rixon, 17, said over the phone. "And I'm terrified for myself." He has felt particularly endangered since March. That's when his trips to the toilet became the subject of a state uproar and then a national uproar.

Communities across America are suddenly in the grips of emotional battles over whether transgender people, especially students, should be allowed to use bathrooms that match their gender identity. Once a little-noticed sideshow to seismic fights over gay and lesbian rights, the bathroom wars have sprung to the fore as other disputes have faded and transgender advocates have become more visible and more vocal.

Social conservatives have lost clash after clash during the Obama era. In school bathrooms, they have found an issue on which they can win. At least temporarily.

TORSTAR NEWS SERVICE

Debt affects mental health

STUDENTS

Schools beefing up services for those impacted

Many of this year's new post-secondary graduates have left the academic world carrying tens of thousands of dollars in debt. Meantime, those heading to college and university this fall will soon contend with steep tuition rates that often result in a similar burden.

While schools attempt to lessen the load by offering financial aid, average student debt appears to be climbing. So some institutions are also responding by beefing up their mental health services to help students cope with life in the red.

"We're worried about one type of debt — student debt — and we want to know how to pay it off as quickly as possible," said Dillon Collet, who is about to enter his final year at the University of Toronto's faculty of law and sat on the dean's advisory committee on financial aid.

The committee organized a financial aid workshop that discussed the psychology of debt. It was well-attended, Collet said, with about 60 students in the room and a lineup outside.

Estimates suggest average student debt in Canada is past the $25,000 mark.

In 2013-14, graduates finished school with an average of $12,480 in federal loan debt, according to numbers from the Canada Student Loans Program.

However, that figure doesn't include provincial or private loans. The Canadian University Survey Consortium surveyed more than 18,000 graduating university students from 36 Canadian universities for its 2015 annual report. The average debt-ridden student owed $26,819.

Such a debt load can have an impact on a student or graduate's mental health, though only a small amount of published research exists on the apparent link.

> **We're worried about one type of debt — student debt.** Dillon Collet

A 2015 journal paper analyzed data from a U.S. Bureau of Labour Statistics survey of more than 8,000 youth in the United States — where tuition fees are significantly higher than in Canada — to determine if debtload and psychological well-being were connected.

"Students who took out more student loans were more likely to report poor mental health in early adulthood," said one of the paper's authors, Katrina M. Walsemann, an associate professor at the University of South Carolina.

Canadian experts have also noticed a link, even though Canadian students don't generally go into as much debt as their American cohorts.

Jillian Yeung Do, York University's director of student financial services, witnessed it while working with a student. While she couldn't provide much detail for privacy reasons, she said she became really concerned about a student.

"After that encounter, I decided that it would be a good idea to … be trained in having these conversations with students," she said.

THE CANADIAN PRESS

The average debt-ridden student owed $26,819, according to Canadian University Survey Consortium. Such a debt load can have an impact on mental health. ISTOCK

IMD

Canada down in competitive ranking

A plunge in commodity prices hurt Canada as it fell to 10th place in the latest rankings of business competitiveness by the IMD World Competitiveness Center, its worst position in several years.

The Swiss-based group, part of the IMD business school, ranked Canada in fifth place last year.

The drop came as the downturn in commodity prices hits the economy hard and dragged down its ranking in several key categories for economic growth.

"I think most of the major issues that originated the drop in the ranking are external to Canada, something that is out of the control of policy-makers at the moment," said Jose Caballero, senior economist at the IMD World Competitiveness Center.

The rankings, which judge a country's ability to create and maintain an environment that helps businesses remain competitive, are based on both statistical data as well as an executive opinion survey. THE CANADIAN PRESS

MONEY

Mutual funds must give 'fund facts' before investors buy in

A new safeguard is now in place to help protect mutual fund investors.

Effective Monday, mutual fund companies are required to provide investors key information on things like a fund's performance and fees before they buy.

The so-call "fund facts" document mandated by securities regulators is the final step in improvements to mutual fund disclosure rules that began more than five years ago that are aimed at ensuring investors receive the information they need.

Mutual fund companies have been required to post a fund facts document on their website since 2011, and changes in 2014 required fund companies to deliver the document within two days of an investor buying a mutual fund. Now they get must get it before making the purchase.

The change in mutual fund disclosure rules isn't the only one investors will see this year.

New rules are coming July 15 for the relationship between financial advisers and their clients. They will introduce new reporting requirements for investment advisers when it comes to the disclosure of fees and the performance of their investments.

THE CANADIAN PRESS

Just the facts

A fund facts statement is a brief document written in plain language with basic details about a fund.

metro VIEWS
Your essential daily news
Tuesday, May 31, 2016

ROSEMARY WESTWOOD

ON THE TORIES' NEW POLICY DIRECTION

The low support for banning gay marriage underlines two facts, one hopeful, and one troubling: Most Canadians, even the religious, appear to have moved on. And yet, a sizable portion refuse to.

I think it's safe to say people generally find other people confounding, perhaps especially their beliefs. Relevant to today: the belief that same-sex marriage is wrong.

This weekend, watching Conservatives celebrate their party's move towards the Canadian consensus on same-sex marriage felt like time travel. It'd been so long since anyone seriously debated it that I hardly remembered an anti-same-sex-marriage stance was still in their party platform. The apparently dramatic, emotional vote during the Conservative's Vancouver convention led to many odd questions. Hadn't we settled this a decade ago, both through numerous court rulings and the passage of the Civil Marriage Act? And hadn't that been too long in coming as it was? So how could such a move, then, bring some to tears?

Fully 70 per cent of Canadians support same-sex marriage, according to a 2015 Forum Research poll, while only 22 per cent disapprove. That's less than the number of Catholics in the country (38.7 per cent of the population), never mind the myriad of other faiths that may traditionally object to LGBTQ rights. The low support for banning gay marriage underlines two facts, one hopeful, and one troubling: Most Canadians, even the religious, appear to have moved on. And yet, a sizable portion refuse to.

Those are the people like MP Brad Trost, who has made a name for himself by opposing the new position at the convention. He dubbed it an effort to turn the Conservative Party into "Liberal light."

Last year, a National Post story wondered about the future direction of the party with the political capital of social conservatism "seemingly spent." The article suggested that instead of taking now widespread practices, like abortion or same-sex marriage, head-on in the courts or the House of Commons, conservatives were going to fiddle at the edges and work in "churches, charities and other civil institutions where they hope to shift the culture from within."

As we've seen in the U.S., working at the fringes can be extremely successful. Abortion services are being wiped from the south not through official anti-abortion policies, but through activism that has the same net effect.

And so, while I wanted to be deeply offended that Conservatives could congratulate themselves so heartily at being 10 years late to recognizing the rights of some Canadians, I find myself instead fostering a sense of wary support.

This surely is a sign of change among some, and that is good. But what of the hardline holdouts, those 22 per cent of Canadians who still opposed gay marriage? For them, this isn't over yet.

While I wanted to be offended that Conservatives could congratulate themselves at being 10 years late, I find myself fostering a sense of wary support.

Metro POLL

The Conservative same-sex pivot

The Conservative convention in Vancouver began last Thursday with Stephen Harper saying his formal goodbye, and ended on Sunday with the party having decided it was time to drop its opposition to gay marriage. Coincidence? Who can say? We asked, "Does the Conservatives' move to support gay marriage change your opinion of the party?" Here's how you responded:

53% No. This is just window-dressing. I still don't trust them.
16% Yes. It's not enough for me to support them, but I appreciate the gesture.
14% No. I was with them before and I'm still with them.
9% Yes. This decision makes me lose respect for the party.
8% Yes. I'd consider voting for them now.

It's a step in the right direction, but it's also an insult that the step is so small.

They have just lost a faithful supporter!

Leopards can't change their spots. Too little too late.

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HAVE YOUR SAY

The thrilling tale of a man reunited with his stolen bicycle

YOUR RIDE
Colin Fast

"Never trust a cable lock."

Those words were ringing in my head a few weeks ago as I stood with a bag of groceries in one hand, a helmet in the other, looking at the remnants of my cable lock dangling limply from the rack where my bike used to be parked.

Damn, someone stole my ride.

It certainly wasn't a unique situation: Thousands of bikes are stolen in Winnipeg every year, usually ending up dumped in another part of town, stripped for parts, or sold online.

But I was feeling uniquely stupid at the time. I mean, I'm a bike nerd. I've read a thousand times that you should never use a cable lock, and I've given newbie bike owners the same advice. Yet here I was hoping a glorified piece of dental floss was going to secure my bike during a late-night shopping trip.

I felt even worse during the walk home when I realized what that crappy old mountain bike meant to me. It's what I used to go on trail rides with my son, and to tow my daughter around in her trailer. A few years ago, it helped me get from St. Malo to Winnipeg in the middle of February as part of the first Actif Epica race, then carried my heat-stroked body through a scorching race in July.

Take my car, and I won't care too much. But swipe my crappy old bike? That hurts.

I vented about the theft on social media, resigned myself to never seeing my bike again, and started to look around for a suitable replacement when a minor miracle happened. It came back from the dead!

Someone contacted me through Twitter to say the city's bike-recovery unit might have picked up my bike. A few phone calls later and I was reunited with the orange beast, which had been ditched a few miles from where it was taken.

As it turns out, that wasn't unique, either. The city picks up hundreds of bikes every year, and many of them end up back in their owners' hands. That process works a lot more smoothly when people record the bike's serial number, register it with the city, file a police report if it gets stolen and call the bike-recovery unit through 311.

Or you can take a few simple steps to prevent a theft in the first place, like using a sturdy U-lock instead of a flimsy cable, locking the frame and back wheel instead of just the front wheel (which can be easily removed), and securing your bike to a proper rack or equally permanent object.

Bike theft is never going to go away, but by being smarter, we can all help make it a lot less common.

Now if you'll excuse me, I have to treat an old friend to a fancy new lock.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter

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Researchers find link between "alcohol identity" on social media and problems with drinking.

In taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of my friends.
Ofelia Legaspi

Ofelia Legaspi says many of the misunderstandings in her failed relationship stemmed from her social media creeping. Now wiser, she proposes having a mutual agreement to block your partner on social media. TORSTAR NEWS SERVICE

Cyber creeping: A gift and curse

PERSONAL ESSAY

A breakup calls for a social media detox but at what cost?

Ofelia Legaspi
For Torstar News Service

For one week, I quit cyber-creeping.

Fine, I'll back up a step. Let it be permanently known, in the annals of the easily searchable Internet, I once, out of youthful indiscretion, "creeped" the World Wide Web.

To me, this was never an issue. I see Facebook, Twitter and Instagram as an ecosystem of mutually nourishing connections. Memes give my mundane Mondays meaning. I can feel less guilty about not checking in with family for weeks at a time because they at least know I'm eating well from the looks of my Instagrammed salad. Social media is a beautiful thing — but, one day, I wanted nothing to do with it.

It all started when, five days before moving in with my boyfriend, he and I called it quits. Naturally, it happened at a wedding (open bar, vows encompassing one's lifetime).

My ex belongs to a curious sector of millennials who don't have Facebook. Instead, he opts for Twitter. Over the course of our relationship, I couldn't help but read into his tweets, feeling there were "subtweets" about our arguments. To add insult to injury, I scrutinized every person he followed, wondering if they were someone a respectable professional and/or committed man would follow.

I could have asked him, sure. But because I covertly obtained this information, I feared bringing it up lest I be accused (quite accurately) of creeping.

And so, after our breakup, I knew what I had to do: block him on Twitter.

The medium, for me, was like having a superpower and, like many gifted fictional characters, I had come to learn this gift could be a curse. For once, I didn't want to know what was on my ex-boyfriend's mind, or comb through our tweets from better times. I just wanted to heal without the 140-character assault of nostalgia eroding what flimsy progress I made.

And, by kicking the creeping, I realized that many of the misunderstandings in our relationship had been because of the knowledge, however unreliable, I'd gleaned from his tweets — knowledge I'd burdened myself with. Instead of coming to me, he would take to Twitter. Instead of coming to him, I would parse his tweets for subtext. Our lack of communication and the passive-aggressive way we had dealt with our frustrations had rendered our relationship doomed from the start.

However, in taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of friends. And I did miss the multimedia experience of connecting with people who I didn't wish to quit: the illustrated updates of my friends' meals ("I've perfected the triberry smoothie!"), Soundcloud links to someone's hour-long take on The Hateful Eight and photos of my proliferating clan's pink little newborns.

Cyber-creeping isn't always a pleasant journey, but it is always life-affirming. Without lifelines like my lifestyle bible, Instagram, I found it hard to launch my butt from bed to barbell bench because I felt alone in my struggles to be healthier. I found that I mostly creep to get out of my head and affirm my shared journeys with others.

My colleague suggested something curious and a bit extreme that I want to leave you with: have a mutual agreement with your partner to block each other's social media accounts. It's an insane idea.

And it just might be crazy enough to work.

RESEARCH

Mother's fruit consumption linked to higher IQs in babies

A Canadian study, published in the journal EbioMedicine, has found that women who ate more fruit during pregnancy had children with higher IQs at one year old.

In a recent study, Canadian researchers from the University of Alberta found that one of the factors contributing to improved cognitive development in children was the amount of fruit their mothers ate during pregnancy.

The scientists studied 688 one-year-old babies, who were controlled for factors otherwise affecting their learning and development, such as family income and parental education.

They found that the mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.

"We know that the longer a child is in the womb, the further they develop — and having one more serving of fruit per day in a mother's diet provides her baby with the same benefit as being born a whole week later," explains Dr. Mandhane, the study's senior author.

6 or 7

Mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.
AFP

In spite of their discovery, the researchers warn pregnant women against going overboard on fruit, which contains fructose, as this can lead to complications such as gestational diabetes and high birthweight.

These initial findings will be followed up by more research, investigating whether the positive effects of fruit consumption on cognitive development persist in children over time. The scientists also plan to study the impact of fruit consumption on cognitive functions such as planning, organizing and working memory.

AFP

Improved cognitive development in children has been linked to how much fruit their mothers consume while pregnant.
ISTOCK

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

The one big question of Game of Homes

THE SHOW: Game of Homes, Season 2, Episode 2
THE MOMENT: The kitchen fight

Who wants a house built in too little time by exhausted amateurs, asks Johanna Schneller. CONTRIBUTED

With the clock ticking, proudly Italian best friends Dom and Michael argue about wainscoting. "Do you want it centered to the window?" Dom, the little one, asks.

"Measure the space!" Michael, the tall one, barks.

"So you want it centered to the wall?" Dom asks.

"I want you to do it right!" Michael yells (among other colorful phrases, which are bleeped).

"Talk English, ya f—ing bird!" Dom shouts. "Do it yourself!"

"At least I'll do a good job!" Michael hollers.

Tyler, teamed with his fiancée, Courtney, overhears them. "This is what this will do to you," he says. "You care so much, you freak out."

Yes, Tyler, exactly. The sum total of thinking here — four teams renovate a house; the winning duo gets it — is this: Give people stressful time limits, then watch them stress.

It sure doesn't teach me how to renovate properly; experts help behind the scenes. It doesn't show me how to critique taste: No matter who wins, the others spout, "The judges are wrong."

As with all reality shows, the appeal is the characters: You root for the team you decide to like. Here you can decide immediately, because there's no character development. Do you feel bad for Alex, the only skilled workman, and his helpless mum Shelley? Do you enjoy Dom and Michael's chippiness? Kim and Harry's over-ambition? Do you care if Tyler comforts Courtney when she cries?

No one, however, asks the question that's plaguing me: Who wants a house built in too little time by exhausted amateurs?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

ENTER TODAY FOR YOUR CHANCE TO WIN

THE FOUR HORSEMEN, Jesse Eisenberg, Woody Harrelson, Dave Franco, Lizzy Caplan, return for a second mind-bending adventure, elevating the limits of stage illusion to new heights and taking them around the globe.

Wonderlist is giving you a chance to see

NOW YOU SEE ME 2

before it comes out in theatres on June 10!

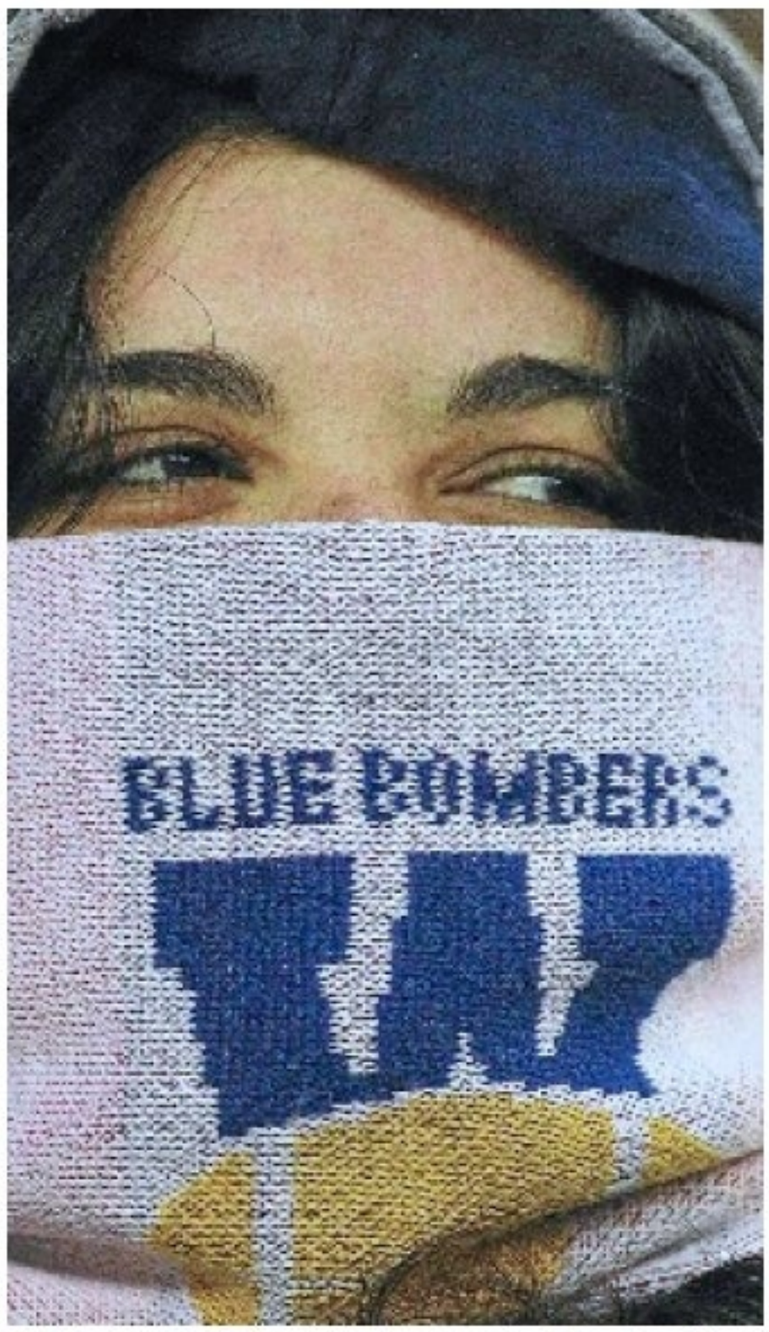
A double pass to see an advance screening of
Now You See Me 2 on Wednesday, June 8, 2016

No purchase necessary. Skill testing question required. Contest open to residents of Ontario, British Columbia, Alberta and Manitoba (excluding QB) 18 years of age or older. There are two hundred and fourty five (245) prizes available to be won, thirty five (35) in each market. Each winner will receive two (2) tickets to see an advance screening of Now You See Me 2 on Wednesday, June 08, 2016. ARV: twenty five dollars ($25) CDN. Odds of winning depend on the number of eligible entries received in the applicable entry period. Contest Period opens at 01:0 pm ET on May 19, 2016 and closes at 09:00 am ET on June 01, 2016. For instructions to enter and complete contest rules, visit wonderlist.ca.

metro SPORTS

Spanish basketballer Pau Gasol is considering not playing at the Olympics because of the Zika virus

Reason to smile again?



The Bombers kick off their pre-season schedule on June 8 against the Alouettes and the regular season June 24 when they'll also host Montreal. MARIANNE HELM/GETTY IMAGES

Weston Dressler and Ryan Smith are being warmly welcomed since switching from Rider green to Bomber blue. GETTY IMAGES

BOMBERS THIS WEEK

Ed Tait

There's a real danger in making any kind of concrete conclusions just two days into a football training camp.

It's a bit of a fool's game, like declaring a movie Oscar-worthy based solely on a 30-second trailer.

After all, rookies often jump to the front of the discussion early, only to fade as the dog days of camp set in and veterans impose their will.

And the war of attrition that often determines who stays and who gets an apple and a road map — as Matt Dunigan used to so subtlety say it — is still very much in its infancy.

Having said all that, here's one man's take based on the first couple of sessions at Winnipeg Blue Bombers training camp this week:

Even with the football gods having had this franchise in their crosshairs for years, if not decades now, it's hard not to imagine how the 2016 Bombers won't be in the playoff discussion come early November.

It took new receivers Weston Dressler and Ryan Smith, both former Saskatchewan Roughriders, roughly five minutes at their first practice session Sunday before they had the fans in attendance cheering their every catch.

Homegrown running back Andrew Harris not only gives the Bombers a proven piece in the backfield — the club has had four different players lead them in rushing in as many years — but he's exactly the kind of dual threat new offensive co-ordinator Paul LaPolice will feature prominently in the new attack.

The Bombers moved on from Lirim Hajrullahu, who was so solid in 2014 but suffered through an absolute nightmare last year, by adding the most-accurate kicker in Canadian Football League history in Justin Medlock.

And a healthy Chris Randle will move back to the secondary from the linebacker position while Keith Shologan and Euclid Cummings, coupled with Jamaal Westerman, mean the defensive line figures to be much more stout at the point of attack.

Those changes don't represent a minor tinker, but an overhaul for a franchise desperate to field a winner.

"It feels a lot different than last year," said linebacker Khalil Bass. "Everybody feels like we should win instead of just wanting to win. There's a winning mindset coming in here on the first day.

"We all said it to each other, the coaches don't need to harp on it. It's got to come from us. We were in there welcoming each other back and everyone was saying, 'Let's go get it this year.'"

Talk is cheap, of course, and we're still days away from the real games and the season opener June 24 at home against the Montreal Alouettes.

But it's better to dream big, as they say, than think small.

BACKGROUND

A sportswriter for 29 years, Ed Tait is now the Blue Bombers director of content. His columns will appear weekly in Metro. Follow him daily at bluebombers.com.

STANLEY CUP FINAL

NHL's great survivors

Logan Couture thinks the San Jose Sharks have seen just about everything, good or bad, that could happen to a hockey team.

He may be right.

Captains stripped of their letters, coaches fired, trade rumours. And worst of all, years of post-season failure.

The Sharks have had their good, including 10 straight playoff berths at one point, but most of their recent history aligns with drama and disappointment. Until now, that is, with San Jose reaching their first Stanley Cup final in franchise history.

Finally, the club that failed to make the big leap for so long is four wins from championship glory.

"I think we've grown from a lot of the adversity we've gone through as a group," said Couture, who's leading the playoffs in scoring. "The guys that have been around here for a while, I think we've seen almost everything you can see in a hockey team.

Logan Couture GETTY IMAGES

"I think it just made us closer as a group."

The Sharks came oh so close to reaching the Cup final before, only to fall short in the Western Conference final in back-to-back post-seasons.

Joe Pavelski, who filled a vacant Sharks captaincy at the beginning of the season, believes the group has responded to adverse situations better this time around. Take the first round against the Kings this spring: San Jose won the first two games, lost the third in overtime and then promptly answered with two victories to seal the series.

The Sharks also thumped Nashville 5-0 in Game 7 of their second-round series.

"I just think we've handled certain situations well, whether it's been elimination games this year or getting off to good starts or just staying calm when things aren't always going the way we want them to," Pavelski said.

THE CANADIAN PRESS

Go to metronews.ca for coverage of Game 1.

CFL

Aging Burris bullish on sticking around

The Ottawa Redblacks know expectations will be high this year, and that's exactly where they want them.

A year after a debut season in which they won just two games, the Redblacks posted a 12-6 record in 2015 and advanced to the Grey Cup, where they lost 26-20 to the Edmonton Eskimos.

This year's team believes it can be even better.

Quarterback Henry Burris, 41, has no intention of making this his last season, announcing that a contract with Ottawa is in place for 2017. THE CANADIAN PRESS

> **"Of course I'm not as quick as I was when I was 25 or 26, but I find other ways mentally to get the job done."**
> Henry Burris

RAPTORS

> **"I don't know how possible that is, but it's our jobs to figure it.**
> Raptors GM Masai Ujiri on trying to keep both free agents, DeMar DeRozan and Bismack Biyombo.

INTERNATIONAL SOCCER FRIENDLY

Payet caps France's frantic late flurry

Dimitri Payet scored a brilliant last-minute free kick as European Championship host France beat Cameroon 3-2 in a friendly Monday.

Playing at the same stadium in Nantes, France, where he began his career 11 years ago, the attacking midfielder angled a shot from wide on the right into the opposite corner, cancelling out striker Eric Choupo Moting's 88th-minute equalizer for Cameroon.

THE ASSOCIATED PRESS

Dmitri Payet THE ASSOCIATED PRESS

Cubs 'pen mauls Dodgers

MLB

Chicago's relievers pitch seven perfect innings for win

Travis Wood and three other relievers combined for seven perfect innings after starter Jason Hammel left with cramps, and the Chicago Cubs held the Los Angeles Dodgers to one hit in a 2-0 victory Monday.

MONDAY In Chicago

2	0
CUBS	DODGERS

Jason Heyward of the Cubs dives safely into home plate against Dodgers catcher Yasmani Grandal on Monday in Chicago.
PAUL BEATY/THE ASSOCIATED PRESS

Hammel exited after his right hamstring cramped while warming up for the third inning. Wood (3-0) pitched four perfect innings in his longest stint of the season.

Justin Grimm, Pedro Strop and Hector Rondon pitched one inning each for the Cubs, with Rondon getting his ninth save. He has converted 20 straight save opportunities dating back to Aug. 14.

Ben Zobrist extended his hitting streak to a career-high-tying 16 games. He singled leading off the fifth and reached third when right-fielder Yasiel Puig misplayed the ball. He scored on Jason Heyward's infield single.

Anthony Rizzo drove home Heyward with a double to right.

Zobrist has reached base in his last 35 starts, the longest streak by a Cub since Starlin Castro's 40 in 2011.

The Cubs (35-14) have the best record in baseball and are a season-high 21 games over .500. They have won six straight since dropping eight of 12.

They entered Monday 6-1/2 games in front of the second-place Pittsburgh Pirates in the NL Central.

The Dodgers had won six of seven entering the Memorial Day matinee. The Dodgers arrived at their Chicago hotel at 3:30 a.m. following a 4-2 win over Mets on Sunday in New York, but manager Dave Roberts said before the game that his team had no problem with the quick turnaround.

THE ASSOCIATED PRESS

MORE SCORES

Red Sox 7, Orioles 2
Xander Bogaerts extended his hitting streak to 23 games and drove in two runs, Jackie Bradley put Boston ahead for good with a sixth-inning homer and the Red Sox beat Baltimore 7-2 in a matchup of the top two teams in the AL East.

David Ortiz and rookie Marco Hernandez also homered for the Red Sox, who stretched their division lead to two games.

Mets 1, White Sox 0
Matt Harvey rediscovered his form with seven dominant innings of two-hit ball, Neil Walker homered off Jose Quintana, and New York beat Chicago 1-0 to send the reeling White Sox to their seventh straight loss.

Harvey struck out six and walked two to win for the first time since May 8.

Athletics 3, Twins 2
Coco Crisp homered leading off the game, Khris Davis hit a tiebreaking sacrifice fly in the sixth inning and Oakland beat Minnesota 3-2.

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SPONSORED CONTENT — SPORTS AND RECREATION

Wesmen Summer Sport Camps: New and Improved for 2016

Once again this summer, the University of Winnipeg campus will be home to the annual Wesmen Summer Sport Camps. Operating for over 40 years, Wesmen camps have invited kids in grades 1 – 12 to the downtown campus.

This year's camp lineup offers sessions in basketball, volleyball, and girls' soccer, along with a multi-sport session that offers a variety of fun and challenging activities for all participants.

2016 Wesmen summer camps bring some new and improved features to make the experience that much better for more children. New to the lineup are the exciting, challenging and fun sports of Ultimate Frisbee and Racquetball. Another new feature this summer is the addition of Kenora Outreach Camps. Three basketball sessions will take place during the week of July 4-8 and two volleyball sessions will be held from Aug. 2-5. All camps will be taking place at Beaver Brae Secondary School.

Wesmen summer camps emphasize fun and skill development. All campers receive quality instruction by University of Winnipeg Wesmen head coaches or Manitoba Provincial team coaches. Each participant will receive a Wesmen camp shirt, and a basketball, volleyball or soccer ball plus a family ticket to attend a Wesmen regular 2016 – 2017 season home game.

ISTOCK

The 2016 University of Winnipeg Summer Sport Camps takes place during the months of July and August. All sessions are run out of the Duckworth Centre and Axworthy Health & RecPlex. To register online or for more information, visit wesmen.ca or call (204) 786-9418.

RECIPE Best Fish Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If the crunchy fish in this sandwich weren't so good I'd say it's all an excuse for its seriously addictive spicy mayo.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients
- 2 Tilapia filets
- 1/4 cup corn meal
- salt and pepper
- 1/4 tsp chili powder
- 1 Tbsp vegetable oil
- 1/4 cup fresh parsley, chopped
- 4 buns
- 4 romaine leaves, chopped
- 2 tomatoes, sliced
- 1/2 cup mayonaise
- 1 Tbsp ketchup
- 3 tsp Sriracha

Directions

1. Spread corn meal evenly on a plate and toss in salt and pepper, chili powder and parseley until it's all combined. Spread the mixture evenly on a plate. Press the fish into the corn meal and turn over, press the other side into the corn meal.

2. In a good sized pan, heat some vegetable oil to medium heat. Place your fish down in the pan. It will take about 5 minutes on the first side and only about 3 on the other.

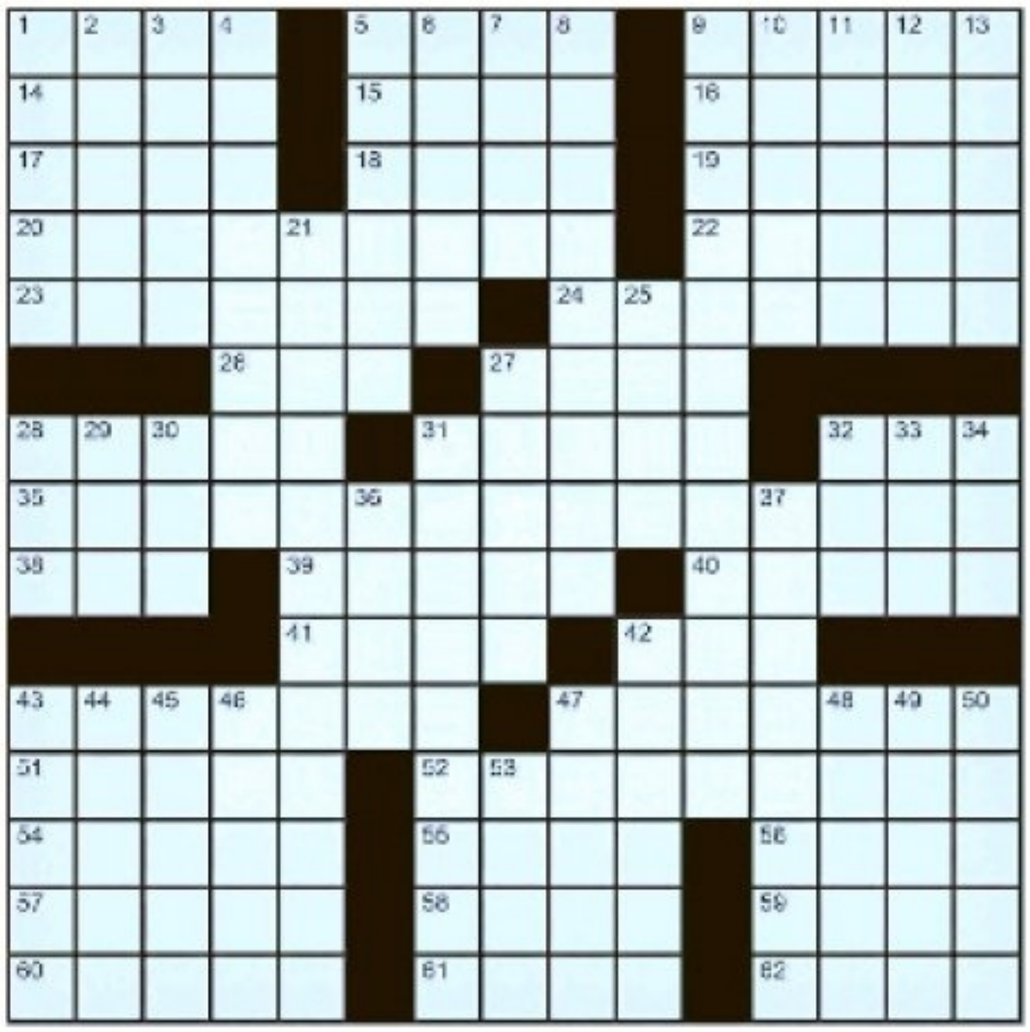
3. While your fish is cooking, mix up your mayo, ketchup and hot sauce in a small bowl.

4. Check your fish. The corn meal will be crusty and the fish should be opaque. Break your fish into large pieces. Slice open your buns and spread mayo on each side. Place your chopped lettuce down, then fish, then tomato.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Q. "_ '_' a way to abbreviate Anchorage's state?" A. "Indeed."
5. Music key, _ _.
9. Switchblades
14. Rib or tibia
15. Dallas Cowboys quarterback Tony
16. 'Don't play' musical direction
17. Live _ (Rustic wooden table feature)
18. Literary collection [abbr.]
19. Dior perfume, J'_
20. With-a-bowl utensil
22. Jumpy
23. Kleenexes
24. Underwater chamber in bridge construction
26. #49-Down's frequent co-star ...her initials-sharers
27. Tee-er's averages
28. "M*A*S*H" role, Lieutenant Colonel _
31. Biblical measure of length
32. Welcome _
35. Ottawa is the hub of it: 2 wds.
38. It's 'in'
39. Short-tailed weasel
40. Boston's NBA team, commonly
41. Chuck
42. Photo
43. Alter the mould
47. Overdoes it with showing off
51. Survey answer selection
52. Medieval armour: 2 wds.
54. Get _ _ of (Contact)
55. _ _ grievance (Complain)
56. 'Sound'-meaning prefix
57. Big cat in "Ice Age: The Meltdown" (2006)
58. _' Ted (Mr. Cruz to Donald Trump)
59. Internet pub.
60. "Vamoose!"
61. '_ and Found'
62. Unappreciative utterance

DOWN
1. "_ _ be goin' now."
2. "Me too.": 3 wds.
3. AC/DC lead guitarist Mr. Young
4. Memento
5. Curtains
6. Vintage music LPs
7. 9:00_ _ _5:00pm (Office hours)
8. Explorer who voyaged to the East Coast via The Matthew: 2 wds.
9. 2016 Census: Wayne R. Smith, Chief _ of Canada
10. Devil's domicile
11. Showbiz legends
12. Left-hand page
13. Alexander _, Winnipeg-born hockey star
21. Level of fame achieved by Celine Dion
25. Seed covering
27. Transformation-stage insects
28. Texter's good chum
29. Ms. Michele
30. Sum up
31. Reason to say "Just made it.": 2 wds.
32. Rich money amt.
33. Play's scenes grouping
34. Writer Mr. Eliot, et al.
36. On
37. Legendary Chief of the Shawnee who allied with Britain during the War of 1812
42. Flexible
43. Routes
44. Moral principle
45. Horse hoof handler
46. Honi's comic strip mother
47. Anna of "Brokeback Mountain" (2005)
48. Ruth's mother-in-law in the Old Testament
49. Ms. Fey's
50. Trudges
53. "_-_, Silver! ("The Lone Ranger" opening exclamation)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's a good day to make long-range plans for the future. It's also a great day to schmooze with siblings, relatives and neighbors.

Taurus April 21 - May 21
You might work alone or behind the scenes today to do some financial planning regarding inheritances and shared property. This is a good money day for you!

Gemini May 22 - June 21
Enjoy interacting with others today, because everyone feels friendly. Partners and close friends are supportive to your goals now, which is reassuring.

Cancer June 22 - July 23
Personal details about your private life might be made public today. No worries; everything looks positive. You make a great impression on bosses and VIPs today.

Leo July 24 - Aug. 23
If you can travel today, you will enjoy it, because you want a change of scenery. Grab any opportunity to educate children today; this, too, will be rewarding.

Virgo Aug. 24 - Sept. 23
You will make headway today with shared property, inheritances, taxes and debt. You might see a way to better secure your home and family. Bosses and VIPs will go along with what you want.

Libra Sept. 24 - Oct. 23
You have to compromise somewhat dealing with others today, because the Moon is opposite your sign. Fortunately, everyone will be cooperative!

Scorpio Oct. 24 - Nov. 22
You are industrious and productive today because you want to get better organized. In particular, you want to be more on top of bills, expenses and your financial scene.

Sagittarius Nov. 23 - Dec. 21
This is a playful, fun-loving day! Take time out of your day to have some fun. Enjoy sports events, social outings and time spent with children. Someone older might help you.

Capricorn Dec. 22 - Jan. 20
Assistance from someone might help you to entertain people at home today. Either way, you can do something that will solidify or secure your home base in a nice way.

Aquarius Jan. 21 - Feb. 19
This is a great day to make some long-range plans and have serious discussions with siblings, relatives and neighbors. It's a good day to plan a future social outing.

Pisces
Feb. 20 - March 20
Look for ways to boost your income today, because you might do this. Whatever you do will impress bosses, parents and people in power. Looking good.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7	6						2	8
		3				1		
	4		1		5		6	
8				1				9
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		6				9		
3	5						7	6

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	6	1	9	5	4	8	7	3
8	3	9	7	6	2	4	5	1
5	4	7	1	3	8	2	9	6
6	5	4	8	1	3	7	2	9
3	9	2	6	4	7	1	8	5
7	1	8	2	9	5	6	3	4
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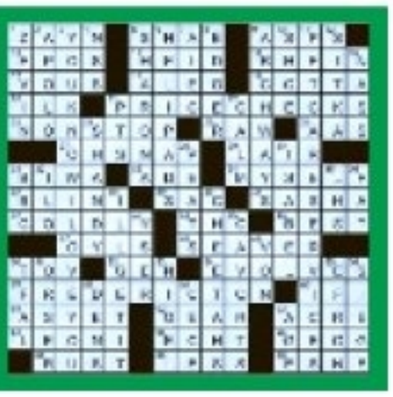
9	2	3	4	8	1	5	6	7
4	7	5	3	2	6	9	1	8



Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.

RECYCLE EVERY WHERE .CA